



Cougar Soft 7 Skate Race 2024 Information Sheet

Date: Wednesday Jan. 17th

Time: 3:00 girls / 3:30 boys

Cost: \$10.00 per athlete, Checks made out to: Mt.Blue Nordic

Run orders due to Shelley Joyce coachjoyce@mtbluersd.org by **Monday, January 15th by 7pm.** Please use a google sheet or excel spreadsheet to send in your run orders. Use the headings: First Name, Last Name, Gender, Team, Grade. Racers should be listed in seeded order.

We will run a mass start out of the airport. (Please stay tuned for any race adjustments that may need to be made due to conditions.)

Registration: Bib pickup will be in the lodge 2:00-2:30pm

Course: The course will be a challenging 6-7 km skate course at Titcomb. This is the KVAC teams' chance to do a hilly distance skate race on hills before conference and state championships.

Questions about the race and/or course can be sent to Emmy Held coachheld@mtbluersd.org or Shelley Joyce coachjoyce@mtbluersd.org